

NOVEMBER *Activities*



נר מצוה ותורה אור
CHICAGO MITZVAH CAMPAIGN
 SENIOR CENTER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
See our weekly schedule and Fitness Center brochure for more detailed information						1	10:30 Crocheting 10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 The Jews, the Nuns, and the Vikings with Dr. Marcia Harris	2	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group 11:30 Sit & Get Fit with Ellyn 1:00 Art with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	3	10:30 Cooking with Anna
5	<i>Daylight Savings Time Ends</i> 1:30 Stories of the Talmud with Rabbi Liberow on Zoom	6	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 1:00 Creative Writing with Sandra 1:00 Beginning Canasta 1:15 Bingo 2:00 Chevruta Study for Men	7	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Chevruta Study for Women	8	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Veterans' Day Program: Sheild of David with Chaim Rosenberg 2:00 Israel at War: Torah's Wisdom, Perspective & Guidance for Us with Rabbi Eli Silberberg	9	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group 11:30 Sit & Get Fit with Ellyn 1:00 Jewelry- Making with Michal Gaynor (by reservation) 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	10	10:30 Cooking with Anna
12	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	13	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 1:00 Beginning Canasta 1:15 Bingo 2:00 Chevruta Study for Men	14	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Chevruta Study for Women	15	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 The Jews, the Nuns, and the Vikings with Dr. Marcia Harris	16	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group 11:30 Sit & Get Fit with Ellyn 1:00 Art with Sheri Wishnea 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	17	10:30 Cooking with Anna
19	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	20	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 12:00 Lunch and November Birthday Celebration 1:00 Creative Writing with Sandra 1:00 Beginning Canasta 1:15 Bingo 2:00 Chevruta Study for Men	21	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Chevruta Study for Women	22	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Torah Stories to Live By with Miriam Hecht	23	<i>Thanksgiving Senior Center Closed</i>	24	<i>No Senior Center Programming</i>
26	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	27	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 1:00 Creative Writing with Sandra 1:00 Beginning Canasta 1:15 Bingo 2:00 Chevruta Study for Men	28	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Chevruta Study for Women	29	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Chanukah Card Making Workshop with Elise Gould 1:00 Vishing: Voice Based Scams with Dr. Feliks Kravets	30	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group 11:30 Sit & Get Fit with Ellyn 1:00 Art class TBD 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers		